

Sun Salutation I

Sun Salutation I is an excellent warm-up routine for most yoga practices or to start your day. It is also an excellent stand alone routine that can be completed in about a minute. Concentrate on the breathing throughout the routine. Once you have completed the series with one leg, repeat using the other leg.



Mountain
Tadasana



Inhale, Mountain
(arms overhead)
Tadasana



Exhale, Standing
Forward Bend
Uttanasana



Exhale, Lunge



Inhale, Plank



Inhale, exhale, Cobra
Bhujangasana



Exhale, Cobra
Bhujangasana



Inhale, exhale, Cobra
Bhujangasana



Inhale, Cobra
Bhujangasana



Exhale, Downward-
Facing Dog
Adho Mukha Svanasana



Inhale, Lunge



Exhale, Standing
Forward Bend
Uttanasana



Inhale, Mountain
(arms overhead)
Tadasana



Exhale, Mountain
(hands in Namaste)
Tadasana